

WE ARE MACMILLAN. CANCER SUPPORT

PEOPLE

Mr Sandmen: the Sanddodgers and their car



Peter ready to hit top gear

Control systems engineer Peter Laurie is revving up to take part in a marathon car rally with a difference.

In January he and two university friends are setting off from Plymouth for Banjul in Gambia, a distance of 3,700 miles.

Not only does it involve driving across some particularly inhospitable terrain, but under the terms of entry, no car must cost more than £100 or have more than £15 spent on modifications and on arrival it must be sold to raise money for charity.

And for good measure, to comply with the legal requirements in one of the countries on the route, Senegal, all cars must be left-hand drive.

Peter (pictured left) said: "It's a tough enough challenge even driving a modern 4x4, but to do so in a clapped out old rust bucket will make it really hard. Parts of the

route are also extremely difficult, for example in one country we have to drive along a section of beach and we must time our crossing carefully so the sand is not too wet.

"So why are we doing it? I suppose it comes down to a thirst for adventure and a wish to do something different while raising money for good causes."

Peter said the hardest task was finding a car that met all the entry requirements, but they had recently succeeded by acquiring a 1978 Saab 99 turbo.

In the build up to the start Peter and his friends, Jon Farley and Gareth Wallace, are holding a series of fundraising events in aid of Macmillan Cancer Support while also seeking corporate sponsorship to help meet their £2,000 costs.

For the latest news and further details of their preparations, go to www.sanddodgers.co.uk

Swinging time at golf day



A golf day organised by quantity surveyor Steve Tatham was a resounding success, raising £3,679 for Macmillan Cancer Support.

The event, held at Cromwell Golf Club, St Neots, attracted 23 teams, a total of 92 players, made up of Metronet colleagues, suppliers, friends and guests. Following the prize-giving, there was a buffet at a nearby pub.

Steve, who organised a similar event last year involving 17 teams, said: "It went incredibly well and I am already planning another day next year."

For non-golfers, Steve also organised a fun run at Godmanchester, which attracted 65 competitors and raised £678 for the charity. All fundraising will be doubled by Metronet.

Active-kate

Resident signalling engineer on the Waterloo & City line project Kate Ford is what some would say a regular on the Hydro Active Women's Challenge 5k race – she competed in her fourth in a row on September 3.

"I enjoy the atmosphere and that it's a woman only event," Kate explained. "This year my mother-in-law ran with me – which was great!"

Kate used to run for cerebral palsy charities Scope and Whizz Kids in aid of her nephew who has the condition. Although this year she decided to run for Macmillan Cancer Support – due to it being Metronet's corporate charity and that her fundraising will be matched by the company.



"I tried to go to the gym two to three times a week to prepare for the race – although the Waterloo & City project took up most of my time – so my training was walking up and down tunnels all day!"

To help bump up Kate's funds click on www.justgiving.com/Metronet06

Three times a lady

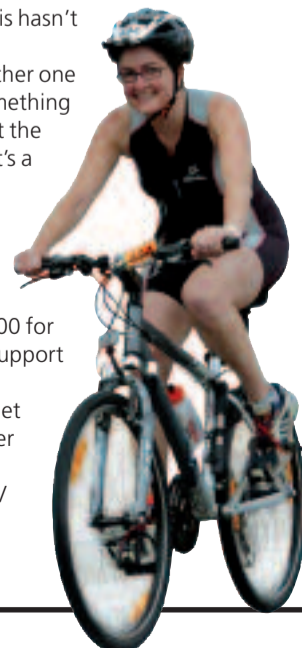
Super Sprint London Triathlon had a familiar face in it this year when programme and logistics manager Despina Taifalos put on her swimming, cycling and running gear and powered around the course.

"It was good fun but very tiring," said Despina. "The swimming was my weakest part of the event – although I trained with a coach for six months prior which helped a lot."

The event saw Despina swim 400m, bike 10km and run 2.5km – however this hasn't put her off.

"I want to do another one as the training is something to look forward to at the end of the day and it's a great challenge. I'll probably wait until the Spring now as it will be too cold over the winter!"

Despina raised £500 for Macmillan Cancer Support which will grow to £1,000 with Metronet matching. To help her raise more log on to www.justgiving.com/despinaitaifalos



DATE FOR THE DIARY: FRIDAY 29TH SEPTEMBER

Fancy taking some time out with your colleagues over a coffee and a piece of cake? Metronet are giving you an excuse to do just that and go mad, go green on Friday September 29!

All you need to do is choose your venue, eg the staff restaurant or a meeting room. Put up posters to advertise the event and invite everyone along. Serve, coffee, tea, cakes and biscuits to sell and ask your guests to make a donation for everything they eat or drink. It couldn't be easier.

Now for the fun bit... encourage your colleagues to wear green on the day and ask them to make a donation to Macmillan – you could just wear green earrings or a green tie or you could dress up as Shrek or the Incredible Hulk! Any splash of green will be recognised as support for Macmillan but don't forget to take photos of your colleagues as we'll be showcasing the best costumes in the November edition of *Spotlight!*

Don't forget that all money raised will be matched pound for pound by Metronet.

To get your hands on a World's Biggest Coffee Morning pack including fundraising ideas, games, posters and balloons, please contact Lucy Fennemore on auto (681) 4810 or lucy.fennemore@metronetrail.com